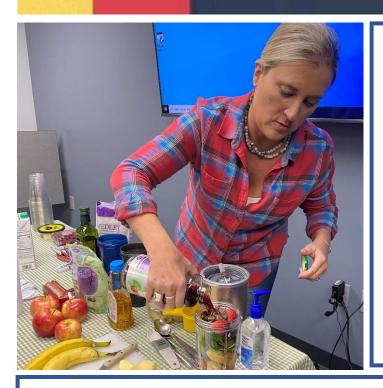
Tips for Achieving Optimal Health



Join us on Saturday, March 4th from 9am2pm at ESU (HPER Building – Room 202)
for this informative, interactive, and FUN
workshop facilitated by Dr. Jennifer Thomas
and a few of her top-notch Health & Human
Performance majors. This workshop is ideal for
anyone wanting to learn new information,
jumpstart their health goals, or find motivation
for maintaining already strong health behaviors!

There will be **various demonstrations**, **food & drink samples**, and participants will leave with a **valuable collection of healthy living resources**. A light lunch will be provided, and **drawings for prizes** will take place throughout the day.

It is **\$40** per person, and all you have to bring is yourself! Attendance is capped at 40, it is "first come, first serve", and payment is required when you register. [Note: *fee can be transferred/applied to another individual if extenuating circumstances arise.*]

Whether you are focused on improving body composition, increasing vitality, or anything in between, there will be something for everyone.

To register, please send an email to <u>jthomas@emporia.edu</u> with the following information: Name, age, phone number, most significant current health goal or interest, and preferred method of payment (Venmo, check, or cash). Thank you!!!